

# Why

is this important?

Watching too much television and the use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends no more than 2 hours of screen time a day and that children under age 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom.

The use of screens can be habit-forming. The more time kids engage with screens, the harder time they have turning them off as they become older.

Over half of advertisements during kids' TV shows are about foods, and up to 98% of these promote foods that are high in fat, sugar and sodium.



### Did you know?

- Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.

**LIMIT**  
**RECREATIONAL**  
**SCREEN TIME**  
**2 HOURS**  
**OR LESS**  
**EVERY DAY**

2



Here's what **you**  
**can do**

Life is a lot  
more fun when  
you join in!



### Try these activities instead of watching TV

- Ride a bike.
- Go on a nature hike.
- Put together a puzzle.
- Turn on music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Take your kids to the park or beach.
- Play board games.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore free activities in your community.
- Rollerblade.
- Play charades.
- Go play in the snow (e.g. sled, ski, snowshoe, build a snowman or fort).
- Play music and dance.

Help your child plan screen  
viewing in advance !

## Screen time rules!

### Tame the TV and computer!

#### Set limits and provide alternatives

- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings, it's time to turn off the TV.
- Eliminate TV time during the week.
- Set family guidelines for age-appropriate shows.
- Make a list of fun activities to do instead of being in front of a screen.
- Keep books, magazines, and board games in the family room.

#### Healthy screen time means:

- No TV/computer in the room where the child sleeps.
- No TV/computer under the age of 2.
- One hour of educational TV/computer time between ages 2 and 5.
- After the age of 5, two hours or less per day.

